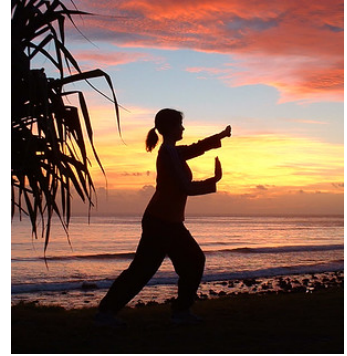


# You Are Invited To

## Tai Chi /Chih



*Movement toward better health*



*Meditation | Meditación*

*Relaxation | Relajación*

*Breathing | Respiración*

*Centering | Concentración*

**TUESDAY, AUGUST 6TH, 2019**

*11:15 AM - 12:30 PM*

*Josephine's Place*

622 Elizabeth Avenue

Elizabeth, New Jersey 07206

908.436.0099

[www.josephinesplace.org](http://www.josephinesplace.org)